

Winter Swim Lessons

Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water, while having fun. All lessons are taught by certified American Red Cross Water Safety Instructors and include 8-thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the appropriate level according to their swimming skills.

Ages: 6 months - Adult
Cost: Resident: \$30
 Non-Resident: \$35



Tuesday & Thursday Evenings

Session Dates

- | | | |
|---|-----------------|---|
| 1 | January 6 - 29 | (Registration Dates: November 21, 5am - <u>Deadline January 3</u>) |
| 2 | February 3 - 26 | (Registration Dates: January 23, 5am - <u>Deadline January 31</u>) |

Saturday Mornings

Session Dates

- | | | |
|---|--------------------------|--|
| A | January 10 - February 28 | (Registration Dates: November 3, 5am - <u>Deadline January 7</u>) |
|---|--------------------------|--|

Swim Lesson Level Chart

Guppies: (6 months-4 years, Parent/Tot)

No water experience necessary; swim diaper and plastic pant is required for participants under 3 years.

Must be 3 to participate in Levels 1-6

Starfish (Level 1): Child has limited or no water experience.

Jellyfish (Level 2): Child is able to perform all listed: Submerge to mouth and blow bubbles.
 Float on front/back (w/ assistance) and recover to standing position.

Seahorses (Level 3): Child is able to perform all listed: Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (Level 4): Child is able to perform all listed without assistance:
 Glide on front/back 2 body lengths Float on front/back for 5 seconds.
 Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (Level 5): Child is able to perform all listed without assistance:
 Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke
 Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (Level 6): Child is able to perform all listed:
 Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke
 Tread water for 2 minutes, Float on front/back for 30 seconds.

Adult Beginning: Participant has limited or no water experience.

Adult Intermediate: Participant has some water experience, comfortable in deep water and has basic stroke knowledge.



Murray City Winter Swim Lesson Registration Form



Participant's Name _____

Age _____ Male or Female Birthdate _____ Grade _____ School _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Cell/Home Phone _____

E-mail _____ Work Phone _____

Emergency Contact _____ Relation _____ Phone Number _____

Cost (per participant, per Session) Resident \$30
Non-Resident \$35

Has participant taken Swim Lessons before? No ____ Yes ____ Last Level Completed _____

Time: _____ Session number: _____

Level: _____ Preferred Instructor: _____

If your child is registered for the incorrect class, there may not be space to move them to the correct class.

There will not be scheduled make-up lessons for missed classes.

Registrations will not be accepted after the deadline. Refunds will not be given after 1st day of class

Tuesday & Thursday Evenings

Session	Dates
1	Jan, 6-29 (Deadline Jan. 3)
2	Feb. 3-26 (Deadline Jan. 31)

4:00-4:30	4:35-5:05	5:10-5:40	5:45-6:15	6:20-6:50
All Levels	All Levels	All Levels	All Levels	All Levels
		Guppies		Guppies
			Adult Beginning 5:45-6:20	Adult Intermediate 6:25-7:00

Saturday Mornings

Session	Dates
A	Jan. 10 - Feb. 28 (Deadline Jan 7)

9:00-9:30	9:35-10:05	10:10-10:40	10:45-11:15	11:20-11:50
All Levels	All Levels	All Levels	All Levels	All Levels
Adult Beginning	Guppies	Adult Beginning	Guppies	Adult Intermediate

Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian

Date

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

